

Learn from yesterday,  
live for today, hope  
for tomorrow. The  
important thing is not  
to stop questioning.

- Albert Einstein



About your Host, Lighthouse Foundation

Lighthouse is an independent, non-denominational not for profit organisation, committed to ending youth homelessness.

Lighthouse Foundation provides vulnerable young people, typically aged 15-22 and who have been homeless, with a safe, stable family-style home environment. Each young person is supported 24/7 by live-in carers as well as specialist services, including case management, psychological and education programs tailored to meet their needs. Through their Lighthouse experience, they learn again to relate to others, to exercise positive life choices and become active members in the community.

Young people usually stay for 6-24 months, following which they are welcome to access ongoing support through the Lighthouse Outreach Program at any time.

The success that young people experience through Lighthouse is built on the evidence based, replicable Lighthouse Therapeutic Family Model of Care". Key features of this approach have been shaped by Attachment Theory (Bowlby 1969; Becker-Wediman & Shell 2005; Bretherton 2007; Hardy 2007; Sonkin 2005), Object Relations Theory (Dockar-Drysdale 1991; Scharff & Scharff 1991; Winnicott 1953); and Psychological Wellness Approaches (Prilleltensky 2000).

Our Founder: Susan Barton AM

Susan Barton, Melburnian of the Year 2009, is a woman whose passion and inspiration has been the driving force of Lighthouse. She began her work with homeless kids over 30 years ago, commencing work in her Melbourne home. Based on her experiences and observations, she developed the Lighthouse model of care. In 1991, with support from the business community, the Lighthouse Foundation was officially formed to support and expand this work, and to eventually fulfil her vision of traumatised and vulnerable young Australians finding a home at Lighthouse.

Susan has co-authored two books: 'Therapeutic Residential Care for Children and Young People: An Attachment and Trauma-Informed Model for Practice', a crucial theoretical and practical resource for practitioners, managers, academics and policy makers in the out-of-home care and homelessness sectors, and 'Build Your Teenager's Self-Esteem', providing easy practical advice to always encourage kids to feel good and face life's challenges with confidence.

She holds a number of Awards, is a Board member of MECWA and been a founding member of ACCYO (Australian Council for Children and Youth Organisations), Collaborative Support Services, Founders Inc., and a member of the International Advisory Board, Centre for Change in the Third Millennium.



Working with community to break the cycle of homelessness

The Lighthouse Seminar Series

Is a rich learning environment where people can learn from the professionals who have the hands-on experience, hear about effective innovative approaches for working with young people, and share experiences.

Who Should Attend?

- Practitioners wishing to improve their clinical skills and further develop their professional and personal knowledge.
- Parents and foster parents wanting to understand and learn more about child and adolescent development and behaviour, understand how to relate and work together as a family, and share practical insights into how to build strong relationships with their kids.
- Practitioners, parents, foster parents and anyone who works with or wants to help vulnerable young people – particularly those who have been doing it tough – to be healed and become active members of the community.
- Seminars are open to all participants, regardless of their background and experience.

Seminar Features

- Diverse range of topics - choose the topics that interest you.
- No pre-requisites for attendance - each seminar is a 'stand alone' event.
- Small interactive groups – an informal, supportive and stimulating learning environment (max. 20 per seminar).
- Presenters who are qualified and experienced practitioners – sharing their very real, day to day experiences working in the field.
- Value for money – After the success of our 2011 training calendar, Lighthouse Foundation will continue to provide training opportunities to external practitioners, parents and foster parents. The Seminar Series, priced just to cover costs, is conducted as a service to the community and is consistent with our values of Respect – Courage – Kindness.

You will take away:

- For Practitioners** wishing to improve their knowledge and skills.
- ✓ Effective tools and techniques for working with vulnerable young people who have a history of abuse, neglect and trauma.
  - ✓ Knowledge on how to implement practical approaches within your organisation or your practice to deliver effective support for young people.
  - ✓ Case Studies detailing the implementation of the successful approach of the 'Lighthouse Foundation Therapeutic Family Model of Care'".
- Parents, carers and foster parents** looking for practical answers for parenting children and adolescents.
- ✓ Expert advice from the practitioners who have dedicated their lives to working with young people.
  - ✓ Understand the strategies for making families work.
  - ✓ Knowledge of human development – and the physical, emotional and psychological issues that lead to low self-esteem, challenging behaviours and other challenges for children and adolescents.

To Register

- By mail:**  
Complete the Registration Form (found within this brochure) and post with payment details to Lighthouse Foundation, 13 Adolph St, Richmond VIC 3121
- By phone:**  
Call Lighthouse Foundation and register by phone P. 03 9093 7500

- By fax:**  
Fax your details by completing and faxing the Registration Form to F. 03 9093 7555



13 Adolph St, Richmond VIC 3121  
P. 03 9093 7500 F. 03 9093 7555  
office@lighthousefoundation.org.au  
www.lighthousefoundation.org.au

About your Presenters

**Rudy Gonzalez** – Director of Culture and Practice Development  
BA (Community Dev), BA Hons. (Social & Cultural), BPsych(Hons.), MAppPsych, MAPS  
Rudy is a psychologist with extensive experience working as a practitioner in diverse settings. His work spans work in Family Services, work in a therapeutic community for violent offenders, and working with individuals and groups. In addition to his role as Director of Culture and Practice Development at Lighthouse Foundation where he provides consultancy to organisations around developing attachment and trauma informed systems, he is also a lecturer in the School of Psychology at Victoria University, and has co-authored the book 'Therapeutic Residential Care for Children and Young People: An Attachment and Trauma-Informed Model for Practice'.

**Tymur Hussein** – Director of Care Services  
BPsych(Hons.), MAppPsych  
Tymur began his career working with young children and adolescents providing individual therapy, assessment, and facilitation of group programs. In addition to his role at Lighthouse, Tymur also manages a consultancy service providing individual therapy, group programs and staff training, and is a lecturer in Psychology at Victoria University. His background includes providing psychological services to migrants and refugees, as well as adult offenders addressing their criminogenic needs.

**Carly Cameron** – Clinical Care Manager  
BBehSc, BSc(Hons)/Psych. Associate MAPS  
Carly Cameron is the Clinical Care Manager at the Lighthouse Foundation, where she manages the Psychological Wellness Program. She has worked as a Head psychologist in the UK in a Psychiatric Hospital, worked as a Psychologist in Child Protection, and as an Area Manager in Foster and Kinship Care in Queensland. Carly has extensive experience in working and managing teams that work with traumatised children, young people and adults, and is also a Facilitator in the Lighthouse Foundation Seminar Series Team. She is certified by Cornell University as a trainer in Therapeutic Crisis Intervention (#3-SP).

**Mitchell Brody** – Residential and Community Care Manager  
BNurs  
Mitchell Brody has a broad range of experiences from working with youth in differing settings. His experience includes working with high risk young people and leading teams in the out-of-home care sector, coordinating youth camps, working as a nurse in mental health settings, providing primary healthcare to adolescents in the youth justice system, and also working with adolescents in acute hospital settings. Mitchell has much experience in working with youth who have issues such as mental health, drug and alcohol dependence, young people with histories of abuse, neglect and complex trauma, challenging behaviours and also homelessness.

**Psychological Wellness Team**  
The Psychological Wellness Team are attachment and trauma informed clinical specialists responsible for supporting the psychological wellbeing of the Lighthouse community. The team plays an active role in monitoring the wellbeing of community members, and developing programs to promote a healthy community.

**Community Care Team**  
Community Care is responsible for the management of intake, outreach and young people's individual development. The community care team have facilitation and crisis response frameworks that ensure a holistic response to young people within Lighthouse.

**Senior Therapeutic Youth Workers**  
Senior Carers are responsible for the daily operational management of Lighthouse homes. They facilitate mediations, crisis response, training, and direct operational supervision of the residential program.

Venue

Lighthouse Foundation Resource and Administration Centre, 13 Adolph Street, Richmond, next to the East Richmond train station.

Hosting a workshop

If you have a group of people and wish to host an in-house workshop yourself, please contact us to discuss opportunities to hold a workshop at your premises.

How to book

Simply complete the Registration Form enclosed (one per participant please) and post or fax to Lighthouse Foundation. For queries or to book over the phone, call 03 9093 7500.

LIGHTHOUSE FOUNDATION 2012 SEMINAR SERIES

Date	Time	Seminar	Workshop	Cost (incl. GST)	Registration Closing Date	Open to the Public
8 Feb	10am-2pm	1	Individual Development Plans: A Therapeutic Approach to Holistic Case Management and Outcomes Based Practice	-	-	No
22 Feb	10am–4pm	2	Understanding Trauma: Trauma-Informed Practice	\$180	15/02/12	Yes
7 March	10am-2pm	3	“On For Life” Database and Writing Case Notes	-	-	No
21 March	10am-2pm	4	Assessing for Self-Harm and Suicide	\$150	14/03/12	Yes
4 April	1pm–5pm	5	The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care™	DONATION	28/03/12	Yes
18 April	10am-2pm	6	Promoting a Sense of Belonging: Therapeutic Group Processes	\$150	11/04/12	Yes
2 May	10am-2pm	7	Psychosocial Development: Birth to Adolescence	\$150	25/04/12	Yes
16 May	10am-2pm	8	Preventing Vicarious Trauma in the Workplace	\$150	09/05/11	Yes
30 May	10am-2pm	9	Understanding Depression and Bi-Polar Mood Disorder	\$150	23/05/12	Yes
13 June	10am-2pm	10	Culturally Inclusive Approaches to Working with Young People – Part I (The Rainbow Alphabet Soup of Sex and Gender Diversity and Same-Sex Attraction)	\$150	06/06/12	Yes
25 - 29 June	9am-5pm	11	Direct Therapeutic Crisis Intervention and De-escalation Techniques (5-Day Course accredited by Cornell University)	\$700	25/04/12	Yes
11 July	10am-2pm	12	Privacy and Confidentiality in Working with Young People	-	-	No
25 July	10am-2pm	13	Substance Use and Young People	\$150	18/07/12	Yes
8 Aug	10am-2pm	14	Therapeutic Parenting of Traumatised Young People	\$150	01/08/12	Yes
22 Aug	10am-2pm	15	De-stigmatising Borderline Personality Disorder: Overcoming Barriers and Application of Therapeutic Approaches	\$150	15/08/12	Yes
5 Sept	10am-2pm	16	Culturally Inclusive Approaches to Working with Young People – Part II (Ethnicity)	\$150	29/08/12	Yes
19 Sept	1pm–5pm	17	The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care™	DONATION	12/09/12	Yes
3 Oct	10am-2pm	18	A Trauma Informed Approach to Understanding Grief and Loss	\$150	26/09/12	Yes
17 Oct	10am-2pm	19	Responding to Early Psychosis	\$150	10/10/12	Yes
31 Oct	10am-2pm	20	Strength Based Approaches to Working with Young People and Families	\$150	24/10/12	Yes
14 Nov	10am-2pm	21	Understanding Anxiety: Treatment Options and Practical Strategies	\$150	07/11/12	Yes

Note: All seminars are held on Wednesdays

2012 Seminar Series

<p>Seminar 1 <b>Individual Development Plans: A therapeutic approach to holistic case management</b></p> <p>The seminar provides an explanation of the Lighthouse approach to case planning (Individual Development Plans). The seminar, held in an interactive style, enables participants to learn how to develop holistic strength-based case plans. Participants will also learn how to use the Lighthouse Therapeutic Outcomes Assessment Tool™.</p>	<p>Seminar 2 <b>Understanding Complex Trauma: Trauma-Informed Practice</b></p> <p>Participants gain an understanding of trauma and the impact of trauma on the development of young people. The seminar also includes how attachment affects the brain, particularly the impact of early attachment on brain development. Participants learn the therapeutic approaches to healing trauma and the systems required to ensure our practice is trauma informed. *Note: This seminar runs from 10am-4pm.</p>	<p>Seminar 3 <b>“On For Life” Database and Writing Case Notes</b></p> <p>This seminar provides training to Lighthouse staff who regularly record information related to young people. Participants are taught how to use the “On For Life” Database system, and learn to write efficient case notes that are consistent with legal and therapeutic requirements.</p>	<p>Seminar 4 <b>Assessing for Self-Harm and Suicide</b></p> <p>The seminar brings the theoretical and social background to suicide and self-harm related issues into the open. Participants gain the relevant knowledge and skills they need to assess suicide and self-harm risk and respond accordingly based on best practice principles.</p>	<p>Seminar 5 <b>The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care™</b></p> <p>Participants at this seminar will gain an understanding of the theoretical foundations of the successful Lighthouse Therapeutic Family Model of Care™ including Attachment, Object Relations and Psychological Wellness theories. This interactive session will enable participants to gain a real understanding of the experience of young people and staff at Lighthouse. *Note: This seminar runs from 1pm-5pm.</p>	<p>Seminar 6 <b>Promoting a Sense of Belonging: Therapeutic Group Processes</b></p> <p>Therapeutic group processes, such as family meetings, are an integral part of the Lighthouse Therapeutic Family Model of Care™ – and indeed can be useful for all families. Such group processes can enhance our sense of community and belonging. This interactive seminar, based on the Lighthouse approach, is especially helpful for workers in the child/youth sector as well as carers, parents and foster carers.</p>
<p>Seminar 7 <b>Psychosocial Development: Birth to Adolescence</b></p> <p>Gain an in-depth understanding of the major milestones, challenges and strategies for working with children and young people at different stages of their psycho-social development by attending this seminar. The seminar examines the different stages from infancy to adolescence from an object relations perspective.</p>	<p>Seminar 8 <b>Preventing Vicarious Trauma in the Workplace</b></p> <p>It is no secret that working with traumatised young people adversely impacts on wellbeing. This seminar enables the participants to understand vicarious trauma by exploring the causes and symptoms, as well as the possible treatment options, and preventative approaches.</p>	<p>Seminar 9 <b>Understanding Depression and Bi-Polar Mood Disorder</b></p> <p>Participants will gain an understanding of depression and bi-polar mood disorder, and treatment options. The seminar also includes the practical tools for working with people who are experiencing symptoms relating to these disorders.</p>	<p>Seminar 10 <b>Culturally inclusive approaches to working with young people: The Rainbow Alphabet Soup of Sex and Gender Diversity and Same-Sex Attraction</b></p> <p>This seminar applies a cultural diversity framework to questions and tensions that arise in work with young people who may be minoritised in terms of sex, gender or sexuality. With a focus on relationship building, this seminar aims to be accessible and welcoming to people with little or no knowledge of these client groups.</p>	<p>Seminar 11 <b>Direct Therapeutic Crisis Intervention and De-escalation Techniques</b></p> <p>This 5-day program provides a comprehensive crisis intervention approach encompassing crisis prevention, crisis as an opportunity, de-escalation, managing a crisis, and safety interventions. The skills, knowledge, and professional judgment of practitioners in responding to crises are critical factors in helping young people learn constructive and adaptive ways to deal with painful experiences. Participants will be accredited by Cornell University in the Direct Therapeutic Crisis Intervention 5-Day Course.</p>	<p>Seminar 12 <b>Privacy and Confidentiality in Working with Young People</b></p> <p>The legal, social and ethical issues associated with working with children and young people forms the basis for this interactive seminar. The seminar will look at case studies focusing on this important area of work.</p>
<p>Seminar 13 <b>Substance Use and Young People</b></p> <p>The seminar explores current substance use trends amongst adolescents and the impact of substance abuse on adolescent development. The seminar also discusses treatment options and community resources for adolescents abusing substances.</p>	<p>Seminar 14 <b>Therapeutic Parenting of Traumatised Young People</b></p> <p>This seminar provides vital information for parents and carers regarding the parental needs of traumatised young people. The seminar also explores what parenting strategies can be employed to heal trauma.</p>	<p>Seminar 15 <b>Destigmatising Borderline Personality Disorder – Overcoming Barriers and Application of Therapeutic Approaches</b></p> <p>Being labelled as a young person with a borderline personality carries a real stigma in a person's everyday life. This seminar aims to challenge the myths around borderline personality disorder and examines the realities as well as practical approaches and the strategies for working with young people.</p>	<p>Seminar 16 <b>Culturally Inclusive Approaches to Working with Young People – Part II (Ethnicity)</b></p> <p>This seminar explores how cultural diversity can be promoted in the ‘helping professions’. The interactive seminar will provide participants an opportunity to explore their own cultural values and positions, and how these can impact on their work with ethnically diverse communities.</p>	<p>Seminar 17 <b>The Model in Practice: Understanding the Lighthouse Therapeutic Family Model of Care™</b></p> <p>Participants at this seminar will gain an understanding of the theoretical foundations of the successful Lighthouse Therapeutic Family Model of Care™ including Attachment, Object Relations and Psychological Wellness theories. This interactive session will enable participants to gain a real understanding of the experience of young people and staff at Lighthouse. *Note: This seminar runs from 1pm-5pm.</p>	<p>Seminar 18 <b>A Trauma Informed Approach to Understanding Grief and Loss</b></p> <p>Trauma is often associated with grieving. For example, an abused adolescent may grieve the loss of their childhood. Therefore, when working with traumatised young people, it is important to understand loss through the lens of trauma. The seminar explores grief and loss using a trauma informed framework.</p>
<p>Seminar 19 <b>Responding to Early Psychosis</b></p> <p>The seminar aims to demystify psychosis by providing participants with knowledge and skills they need to identify the early warning signs, and provide early intervention support. The information covered includes psychotic symptoms, management and treatment options and support services available.</p>	<p>Seminar 20 <b>Strength Based Approached to Working With Young People and Families</b></p> <p>Learn the practical tools to use in everyday situations while interacting with children, young people and families. The seminar covers how to apply strength based approached, as well as the theoretical foundations of the strength based approach.</p>	<p>Seminar 21 <b>Understanding Anxiety: Treatment Options and Practical Strategies</b></p> <p>While gaining an understanding of anxiety and anxiety disorders, this seminar will also explore treatment options, as well as ways to manage one's own anxiety and support others who are in need.</p>	<p><b>Workshops in collaboration with the Centre for Excellence</b></p> <p>Lighthouse Foundation will be facilitating the following workshop in collaboration with the Centre for Excellence in Child and Family Welfare Inc.</p> <p><b>Psychosocial Development: Birth to Adolescence</b> Tuesday 27th March, 9am-4:30pm Tuesday 7th August, 9am-4:30pm</p> <p>For more information, please contact Jane Lawrence from the Centre for Excellence on 03 9614 1577 or visit the website at <a href="http://www.cfecfw.asn.au">www.cfecfw.asn.au</a></p>		<p><b>Training and Consultancy</b></p> <p>Lighthouse can cater training seminars to the needs of organisations or communities. If desired, Lighthouse can also assist your organisation to become attachment and trauma informed. We design our training and consultancy program to suit you. To arrange a learning and development planning session for your workplace, please contact Luci Klendo (Program Assistant, Culture and Practice Development) on 03 9093 7500.</p>